



See movie reviews on page 9

Time to tan our feathers. Good luck on finals and have a great summer!



THE STROBE

THE NEWSPAPER OF FITCHBURG STATE COLLEGE

Issue 11

Wednesday, May 7, 1997

12 Pages

ANNOUNCEMENTS!!!

-The Board of Higher Education proposed an additional charge to students who accumulate 15% more credits than required for graduation. Exceptions for transfer students, second degree students, double majors and CE students will be made.

-Michael Poirier, *Strobe* Sports editor is graduating. Any student interested in filling his BIG shoes should call (508)345-9102.

-On Wednesday May 7, (today), **Orange Crush** is back by popular demand. They will perform from 9:00pm-midnight.

-On Thursday, May 8, at 4:00pm, a singles tennis tournament will be held at Elliot Field. Later, at 7:00pm, a H-O-R-S-E tournament will be held in the FSC gym.

-On Friday, May 8, video buttons will be produced and distributed in the M&M lounge. Also, from 11:00am-3:00pm, a miniature golf tournament will be held around the campus center. Prizes will be awarded to the winners.

-On Saturday, May 10, students can meet in the M&M lounge at 9:00am for the **BRIAN AND TULLIO FISHING TRIP**. From 6:00pm-9:00pm, there will be a BBQ at Mara Village. WXPL will DJ the event. Later, from 9:00pm-1:00am, students can dance it up in Holmes Dining Hall at the **94.5 JAM DANCE**.

-On Sunday, May 11, at 8:00pm in the quad, students can attend the **NIGHTTIME BBQ STUDY BREAK**.

-On Monday, May 12 at 8:00pm, in the M&M lounge, **BREAK YOU TENSION!**

-On Tuesday, May 13 at 8:00pm, in the M&M lounge, **DONUT MADNESS!**

-On Wednesday, May 14 at 8:00pm, in the M&M lounge, **WE ALL SCREAM FOR ICECREAM!**



The *Visions* catalog hinted nothing of the intended closing ceremonies of FSC's Film and Video exhibition on Monday, April 28, 1997. The night ended with a memorable, but surprising standing ovation. John Barrette, graduating Communications/Media student, solicited the attention of all attendees by proposing to Debra Boeadette. All attendees were speechless, except host Patrick Hunter who said, "So what's the answer?" Congratulations to John, Debra, their family and friends, and thanks to all participants and attendees of *Visions* 97

Ticket trouble holds students

Public Safety

FSC, in an effort to increase revenue from unpaid tickets, is embarking upon a new collection campaign.

Over the summer, the Campus Police Department office will participate in the Massachusetts Registry of Motor Vehicle *Non-Renewal Program*. Students with two or more unpaid tickets from Campus Police, will have a hold placed against the registered owner of the car. Registered owners with holds will not be able to register or renew registration until tickets and a penalty are paid. A twenty dollar fee to the Registry must be paid for each unpaid ticket.

This new policy may help control student reluctance to pay tickets by involving parents, who are often the registered users of student vehicles.

The Honors of economics: Omicron Delta Epsilon inductions

By Dr. Caroline Murphy
contributing writer

On Tuesday April 22, 1997, Omicron Delta Epsilon, International Honor Society in Economics, (PSI Chapter of Massachusetts), held its annual induction ceremony at the home of Dr. Caroline Murphy. Welcoming remarks and introductions were made by Dr. Pirudas Lwamugira, advisor to Omicron Delta Epsilon, and congratulations on behalf of the Social Science Department were extended by Pasquale Micciche. Dr. Michael Turk presented certificates to the six students being honored, and Dean Shirley Wagner congratulated them and wished them continued success. An informal reception followed the ceremony.

Established at FSC in 1986, Omicron Delta Epsilon has as its objectives "recognition of scho-

Academic requirements for membership include a 3.0/4.0 grade point average in Economics

lastic attainment and the honoring of outstanding achievements in economics, the establishment closer ties between students and faculty within colleges and universities, the publication of its

official journal, *The American Economist*, the sponsoring of panels at professional meetings, and the Irving Fisher and Frank W. Taussig competitions."

Academic requirements for membership include a 3.0/4.0 grade point average in Economics, with a minimum of 12 semester hours of Economics, and a 3.0/4.0 overall grade point average.

This year Omicron Delta Epsilon was happy to welcome as new members two sophomores: Lisa Andreu, South Lancaster, and Laurie Caton, Fitchburg; and four seniors: Mauricio Casas, Colombia, South America, Stephen Creed, Leominster, Gary Maki, Westminster, and Carter Morrison, Jamaica, B.W.I.

In this issue...

DRUGS IN FSC

...SEE PAGE 5

MIKE POIRIER'S LAST PITCH

...SEE PAGE 12

Year in Review: The English Club

By Alexa Reed
Staff Writer

Events held by the English Club this past year promise an exciting upcoming year for the organization in 1997-98. Co-presidents Jameson Lee and Rebecca Gill have exposed students to great poets like William Shakespeare and Emily Dickinson; they have also assisted students in becoming great poets.

Members of the English Club travelled to Boston to view Kenneth Branagh's Hamlet, the latest (and longest) interpretation of Shakespeare's play. Club members discussed also analyzed the play during lunch.

On May 17, the English club will travel to Amherst. The University of Massachusetts at Amherst will feature artwork based on Emily Dickinson's poetry. A tour of Ms. Dickinson's nearby home may take place afterward.

This past year, aside from trying to set up a web page of FSC poets, Mr. Lee and Ms. Gill have held two poetry slams, where students, faculty and others have read their poetry. Attendees were exposed to works like Dr. Ruwe's poem about students

misbehaving in English classes, Markavian Martin's love poem to his daughter, and FSC alum John Eisner's award winning poetry.

Award-winning poet Nichole Moreau read her Louie P. Sheppard award winning poem and Tieu Ing read a poem about his mother, for which he won the Antilla Poetry award earlier in the semester. The co-presidents also entertained the crowd with their cheer in honor of Chola Chisunka.

"I write to make myself laugh," said Michael Knight. His short poems often bring laughter to a crowd while Jameson Lee read poetry with Guy D' Annolgo's guitar accompiament. Both artists fought to keep a straight face while performing. "This is my only serious poem," said Lee, introducing one of the final poems of the year.

Another poetry slanm will be held in the Pub next semester. The date is still undetermined, but Ms. Gill wants everyone to be on the lookout for sgins advertising Poetry Slam XXIII: Things Fall Apart.

Anyone interested in the English Club should contact Ms. Gill or Mr. Lee.

Gaston discusses the future of education

By Vanessa Manni
News Editor

On April 30, 1997, at 4:00pm, the former governor of West Virginia, Gaston Caperton, spoke in the M&M lounge. He specifically addressed Massachusettes education reform.

The first issue dealt with was living in a world of econmoy. "This is an economy where the rest of the world wants to have a standard raise in pay," said Caperton.

The second issue dealt with was technology. Caperton spoke briefly on this topic because he believes the state of technology proves to be obvious. He further discussed the importance of our economy. Our economy is in a knowledge based world rather than a resource based one," said Caperton. Therefore, we need to have competitive education or we will fall behind.

Other important points on education reform: The basic el-

ements of reading, writing, and mathematicees must be taught adequately in Kindergarten; Modern technology like

"This is an economy where the rest of the world wants to have a standard raise in pay,"

Internet connection are essential; Resources must be widely available and equally distributed. Uneven distribution of resources creates a two based society.

Gaston Caperton incorporated many stories into his speech, adding humor to education. He wittily answered all questions asked. He speech entertained and informed administration and students.

STROBE



STAFF

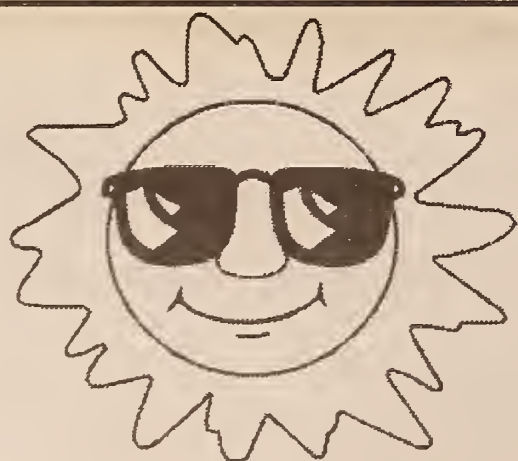
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The Strobe considers for publication letters to the editor on any topic of interest to the Fitchburg State College community. All submissions run at the discretion of the Editor-in-Chief and are subject to editing for style and length. Documents published in the Opinion section of the Strobe, are the opinion of the writer, and do not necessarily reflect the views of the Strobe, its staff, or Fitchburg State College.

All articles must be typed or legibly hand-written and include a name and phone number in case of questions. All letters in response to a Strobe article must be submitted within two days after the article is published.

Announcements should be short, including dates, places, times and a contact person.

The Strobe is the student newspaper of Fitchburg State College. The reprinting of any material herein is prohibited without the express written consent of the Editor-in-Chief. All material submitted to *The Strobe* becomes the property of *The Strobe*.



WE WANT YOU

to tell us what you did during the SUMMER. With a student population of approximately six thousand, something interesting is bound to happen to one of us. We would like you to share that with us in the first issue next fall. So write your summer story for our September 10th issue.

Saturday, May 10, 1997 Battle of the Res. Halls

Volleyball
tournament 12-4pm
Mara Village Courts
Cookout on the Quad
DAKA will be served on the
quad 4-6 pm

!!!Dance Party !!!
8-10 pm DJ's from WXPL will be there to show us their stuff 10-2 am
Radio personalities from Jam'n 94.5 will be in DAKA to sponsor
Jam'n Dance Jam.

**Free prize giveaways
throughout the night. Free
admission.**



**You always knew
that your college education
would pay off someday.**

Plymouth Neon Well, today's the day. If you're a recent college grad or will be soon (cross those fingers), you can get \$1,400 off on a Plymouth Neon or finance one at 3.9 percent APR with a \$400 cash allowance.* Whoa! That's postage for 4,375 resumes. For more info, stop by your friendly Plymouth Dealer, punch in www.plymouthcars.com or call us at 1-800-PLYMOUTH, Ext. 200.

\$1,000 Consumer Incentive	+	\$400 College Grad Cash for Those Eligible	=	\$1,400 Total College Grad Savings
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One clever idea after another.



That's Plymouth.

*\$1,400 incentive includes \$1,000 cash back on new stock plus \$400 recent college graduate cash allowance (see Dealer for details).
3.9 percent financing for qualified buyers in lieu of \$1,000 cash back. Vehicle shown with optional equipment.

Our Father's House: A refuge for the homeless

By Linda Banks
Contributing Writer

Our Father's House in Fitchburg is set up to help and understand the problems that face America's homeless. The House shelters forty men and women everynight. Two staff members, Robin and Elisa, said they must turn people away when rooms are full, so they must often provide transportation for homeless to other local shelters.

Robin, who at one point was homeless herself, said that the house sees many mentally handicapped people diagnosed with disorders such as schizophrenia and depression. These unfortunate people are often shunned by family and left to wander the streets. *The House* has also seen women who have been homemakers but left homeless by husbands who have taken everything in divorce settle-

ments. These women need a place until they can market the skills they possess.

Most people seeking refuge

...addicts often realize they have a problem when everything important in their life is gone, and then they wind up at places like Our Father's House

from *the House* are addicted to drugs or alcohol. Elisa and Robin say they have seen people from cheap-boozers, to even

doctors and lawyer cocaine addicts.

Robin said that if she could change one thing to reduce homelessness, she would eliminate drugs and alcohol. This would eliminate 85 percent of the people she sees everyday. Drug addicts often realize they have a problem when everything important in their life is gone, and then they wind up at places like *Our Father's House*.

The House sets up job interviews, gives references and negotiates with area landlords. The staff also has the important task of giving their visitors a hot bath and change of clothes. Most homeless are not initially presentable enough to walk into an establishment and ask for a job.

Our Father's House exemplifies care and compassion often lacking in the general community. Many people dream about "having it all." Robin and Elisa's biggest reward is seeing someone turn their life around.

Rounding up Disability Awareness Month

By Debra Roberts
Coordinator of Disabilities Services

The Disability Service Committee would like to thank the college community for assisting in Disability Awareness Month activities. Such activities included:

Thirteen guest speakers addressing classes on subjects such as disability in the media, sexuality and disabilities, learning with a disability, Social Security and Disability benefits, ADD, substance abuse and disability, American Disability Act (ADA) from an human resources perspective, disability simulation exercises, and signs of the deaf.

The Special Olympics Fun Day which included participation from students, faculty, staff, administrators, and student athletes who assisted in the day's events in some capacity. This day was a unified program that took "athletes" from the North Central area of Massachusetts and matched them with our students and athletes. We had over 140 people help out that day.

A field trip to Assumption College that focused on ADD/ADHD.

A Disability Intramural Program where we played Goal Ball (blind soccer)/bowling, One-Armed Beach Volleyball, One-Armed Polo Ball, and a Wheelchair Basketball game featuring the Bay State Wheelers. This program helped to connect the college students and athletes to simulate disability sports.

We also had several Movie Nights in the Pub that were disability related and a Disability Jeopardy game.

Students reveal Visions in gallery

By Alexa Reed
Contributing Writer

Artwork from Fitchburg State students is on display in the library. There are many visions to behold at the Communications/Media students' combined honor show.

The exhibit combines the work of graphic design and photography students. Some are a

Some are a magnificent mixture of the two arts; others are beautiful in their simplicity.

magnificent mixture of the two arts; others are beautiful in their simplicity. They range from naturally occurring scenes to surreal works of intense imagination.

A couple of pieces are designed around the work of musical artists such as Melissa Etheridge and Alanis Morissette. Both look like they might have been taken from the CD jackets of these musicians, but they are the original work of FSC students.

A most amusing piece was

Aaron Beaucher's 'self portrait,' featuring a prison-style photo of the artist, and a written statement on what design means to him. This statement was placed on top of an illustration of a joker.

Some submissions featured natural scenes. Judith Kitler had a picture of a bright blue sky streaked with white clouds, while Heather Pellerine showed a lake in black and white, the bushes casually reflecting in the water. Amy Paquette showed the tops of a church tower, the cross symbolically placed in the exact center. Haylie Cavanaugh displayed two beautiful scenes. One portrayed a black and white scene of a stone bridge crossing a lake. The other depicted a strip of windows reflecting a stormy sky.

There was a variety of subjects displayed at Visions. Jennifer Ridley's close-up of a man's bare chest showed his pierced nipple and tattoo of an arrow. Mariko Yoshioka's piece was an illustration of a cartoon heroine. An Asian couple in an intimate embrace was photographed by Shannon Cauldwell.

The honor show is aptly titled Visions. Visions are what people exposed to: The visions of other people's minds, that most never think of, and many don't understand.

Visions will be in the Hammond Art Gallery until June 1.

Pollution's influence in today's global community

By Jeff Neal
Contributing Writer

Many kinds of pollution affect the environment. Factors which causes air pollution is the release of Chloro Fluoro Carbons (CFCs) into the earth's atmosphere from household items, released by some factories as

One myth about CFCs is that they"...are heavier than air, so they can't reach the ozone layer."

waste products.

One of the main problems CFCs causes is the depletion of the ozone layer, the protective part of the atmosphere keeping

harmful rays from the sun, such as ultra violet, from reaching the earth. As a result of the this depletion, global warming or "the greenhouse effect" occurs. When holes in the ozone let in harmful rays from the sun, gases, such as CFCs, build up in the atmosphere and stop the heat caused by these rays from escaping, which in return heats the earth.

One myth about CFCs is that they "...are heavier than air, so they can't reach the ozone layer." While CFCs are heavier than air, scientists at the Scientific Assessment of Ozone Depletion say high winds can easily pull them into the atmosphere and higher. CFCs are also distributed equally throughout the world by high winds. For example, CFCs released in the United States have been found in the atmosphere over China and India. No matter where CFCs are released, the entire world will eventually be affected and the ozone will continue to be depleted.

Another myth is that volcanoes are causing ozone depletion. This is completely false because volcanic eruptions do not reach the stratosphere and the amount of volcanic activity is not enough to account for ozone depletion. There have also been no increases in volcanic activity that match recent ozone depletion. Volcanoes do release large amounts of chlorine, but it has been discovered that "human activities are the primary source of chlorine in the stratosphere." Other than releasing chlorine into the stratosphere volcanoes are not a threat to the ozone.

The ozone does continue to deplete as people constantly use products that give off CFCs and the atmosphere will continue to heat. Myths do still exist about holes in the ozone layer, but plenty of facts are around as well but few people want to find them.

Quote of the Week

"I believe in long, slow, deep, soft, wet kisses that last for three days."

- Kevin Costner

FSC debates drug policy

By Brian Hazelton
Contributing Writer

A slap on the wrist or the dull click of cuffs behind the back? This is the decision FSC must make in the coming months on its debated drug policy.

The punishment for first time offenders is often probationary; students must take part in a two session drug education program

For the past few years, FSC debated the consequences of possession and use of illegal substances on campus. Cur-

rently, students in violation of the drug policy are brought before the school judicial board, headed by Ann Coyne, student affairs. The punishment for first time offenders is often probationary; students must take part in a two session drug education program, pay a \$60 fine, and a possible deferred loss of residence.

A second offense adds a loss of residence or a semester banning from school activities. This is a lenient sentence in contrast to District or Federal Court's recommendation of five years to life imprisonment and hundred to thousand dollar finds.

Should campus police turn students in violation over to the FPD for trial. Should FSC maintain its judicial system? Recent efforts to control illegal drug use on school grounds has had little affect. Resident Assistants and

Public Safety continue to receive reports of marijuana and other substance abuse on campus.

Will letting the District Court decide the fate of substance abusers deter students from using illegal substances?



If FSC does not maintain the present system, it will increase the penalties in upcoming semesters in hopes to lower student drug abuse. Speculation continues to what the best direction may be.

Mike Poirier: A Senior Portrait



Mike and friend at the ballgame

Photo by John Eisner

By Kimberly White
Investigative Reporter

As graduation approaches, seniors are filled with emotions of happiness, a sense of accomplishment, and a fear of entering the "real world." In speaking with one senior, one gets a sense of what college means on an individual basis.

Mike Poirier, senior and Sports Editor for *The Strobe*, is a history major. He graduated from high school in 1987 and is now twenty-seven years-old. "I decided to go back to college two years ago because I needed a degree to get a better job. The job I had was terrible," Poirier said.

Poirier is a non-traditional student in the fullest sense of the word. Before coming back to college, he was in the military full-time. "I was an Information Management Assistant," said Poirier. "Basically, I was a secretary."

Since coming back to FSC,

Poirier has taken advantage of many college activities. "I'm the Sports Editor of the *Strobe*, secretary of the History Club, and was Treasurer for the FSC Amnesty International Chapter

"I decided to go to college because I needed a degree to get a better job. The job I had was terrible,"

in the late 1980's. That's the one organization I'm most proud of because we won organization of the year (1989) in our first year," Poirier said.

When asked what advice he would give to students who are still making their way through

college, Poirier candidly said, "Work hard, and don't screw around. You may not have another opportunity to come back. Some people leave and never come back."

Poirier has a bittersweet feeling about his experience as a college student. "It's been good because of professors like Dr. Ralph Coffman and Dr. Irene Martyniuk, but it's also been tough because in 1990 I was kicked out of school due to poor grades," said Poirier. "I've also had a couple of bad experiences here, but I'm glad to be graduating. It's been a long time coming."

This is a mini-portrait of a student who defied life's ups and downs to obtain his goal of earning a college degree. Michael Poirier is an outgoing, friendly person, and has a smile for everyone. He gave himself tirelessly to many of FSC's organizations. Poirier will be sorely missed by the *Strobe* staff and everyone who knew him.

POLICE LOG

Wednesday, April 23, 1997

12:25am DANGEROUS CONDITION- Flashing yellow warning light activated in Mara Village, Res. Life notified
1:03am SUSPICIOUS ACTIVITY- Checked out 3 individuals behind Conlon IA building
11:13am REQUEST FOR POLICE- Referred same to FPD

Thursday, April 24, 1997

3:17am REQUEST FOR POLICE- Unwanted guest(s) in Townhouse Complex
7:02am SUSPICIOUS ACTIVITY- In Holman/Lincoln (notified FPD)
9:03am NON-CRIMINAL COMPLAINT- Miller Lot parking complaint
12:05am ANIMAL COMPLAINT- Stray dog in Holmes building
12:06am VANDALISM- Elliot Field (under investigation)
3:55pm ANIMAL COMPLAINT- (Hammond Quad) Dogs bothering students
4:10pm VANDALISM- McKay Parking Lot (under investigation)
7:55pm REQUEST FOR POLICE- 87 Pearl St. Found property
8:00pm ANIMAL COMPLAINT- Stay dog in Aubuchon Hall, Animal control officer contacted, owner and dog reunited
9:15pm NON-CRIMINAL COMPLAINT- Townhouse Lot (parking complaint)
10:32pm DISTURBANCE- Fight in North St.

Friday, April 25, 1997

1:40am FIRE ALARM- (Russell Towers) Police & Fire responded
2:30am ASSIST OTHER POLICE- Assisted FPD at large fight in Myrtle Ave.
1:15pm REQUEST FOR POLICE- Emergency message delivered (McKay)
2:20pm NON-CRIMINAL COMPLAINT- Parking complaint in Russell (tickets issued)

Saturday, April 26, 1997

4:25am REQUEST FOR POLICE- Emergency call box activation in Mara Village
4:42am REQUEST FOR POLICE- Emergency call box activation in Mara Village
7:25am REQUEST FOR POLICE- Emergency call box activation in Mara Village
5:33pm NOISE COMPLAINT- Group outside asked to quiet down.
6:08pm ALCOHOL VIOLATION- Open container By-Law Violation in Townhouse Complex
6:13pm DANGEROUS CONDITION- Students hanging out a window in Russell
6:20pm REQUEST FOR POLICE- Found property on Snow St. same turned over to FPD
8:31pm MOTOR VEHICLE VIOLATION- Stopped M/V for reckless operation in Lower Weston Lot
10:12pm ANIMAL COMPLAINT- Stray dog complaint in Mara Village
10:38pm DISTURBANCE- Aftermath of a fight, group dispersed from Russell
10:41pm REQUEST FOR POLICE- Responded to a medical call in Mara Village
11:35pm ASSIST OTHER POLICE- Assisted FPD at fight on 163 Myrtle Ave.

Sunday, April 27, 1997

2:41am ASSIST OTHER POLICE- Assisted FPD at report of bonfire at Ross/Highland
9:19am NON-CRIMINAL COMPLAINT- Subject reports being locked in building in Condlke
2:40pm DISPERSAL- Vehicles parked on Hammond sidewalks
8:32pm DANGEROUS CONDITION- Yellow warning light flashing in Mara Village (Maintenance notified)
8:38pm REQUEST FOR POLICE- Report of smoke in Hammond (unfounded)
9:10pm HARASSMENT- Essex House (under investigation)

Monday, April 28, 1997

10:15am REQUEST FOR POLICE- Delivered emergency message in Percival

It's hard to say goodbye

By Kathy Geoghegan
Opinion Editor

"This school sucks." This is a statement I hear every once in a while. It really pisses me off. I have news for anyone who may believe this is true: You have no one to blame but yourself.

Just because you can't find a parking space, fail a test, or

Now I can graduate from here without any loans to pay off and I don't need to sell my first born child like the majority of my friends do.

get dumped, you decide to blame the whole school. Sure, these situations aren't ideal, but even if you were at Harvard you would still have these problems.

Once people get beyond the fact that I don't go to school in Pittsburgh, they often tell me they feel sorry that I go to FSC. I do get offended, but I immediately stick up for my school. I am very proud to say that I am graduating from here. This place has given me some of the best memories, experiences, opportunities and friends anyone could ever ask for.

There are many things I am thankful for. First of all aca-

demically I couldn't have chosen a better school. Yeah, registration was slow at first, but yes, you can do it in four years. Some advice: make the registrar's office your friend if you are surprised that you are a few classes behind, it's your fault for not checking with them. Also this school has an amazing faculty. Don't let the few Professors with attitudes wreck your chances for getting to know some other faculty members. Go to their office hours. Talk to them outside of the class rather than just a two minute conversation asking for an extension. You may be surprised to find out the majority of them are actually cool, and they do care about their students.

Financially, this school is ideal. I chose this school not only because of its amazing reputation in Communications, but for financial reasons as well. Now I can graduate from here without any loans to pay off and I don't need to sell my first born child like the majority of my friends do. I have a few friends from high school that owe in the range of \$20,000 or more. I'm sorry, but when I graduate the last thing I want are years of college payments. I'd much rather deal with just the car payments. Besides, there are tons of jobs both off campus and on, if you just open your eyes you will find them. I worked the Russell Towers front desk, at Admissions, and became an RA to alleviate some of the costs of college. At these jobs I also met wonderful people while having a great time.

Last, but definitely not least, socially FSC is a great time. Since day one, I noticed the people here are very personable. I can't say enough about the friends I've made since I've been here. People can bitch all they want that nothing goes on here, but on any given night I have managed to find something to do. The off campus bars and parties are fun, (and probably what I'll miss most). And the on campus activities get better every year.

I don't feel bad for the people

Never again will I be naive at a basement party, waking up to a fire alarm, or people watch daily in DAKA.

that are not satisfied with their experience at FSC. It is really no one's fault but their own. More advice: Get involved with the college community. Look around there are plenty of things to do. Say hello to everyone, you never know who your boss will be.

I can't believe how fast the past four years went by. Never again will I be naive at a basement party, woken up by a fire alarm, or people watch in DAKA. It will be hard to leave, but I know that coming to FSC was the best choice I have ever made. I just want to thank everyone who has made a difference in my life and has made me laugh.

Angels with fur

Kathy Geoghegan
Opinion Editor

I have decided to stop bashing men. Believe it or not, there are some perfect men out there. I found two. My cats Kitty and Kitty are both men.

They are perfect. They love me exactly the way I am and think I look amazing all the time. Every move I make, they find it intriguing. Every word I say is absolutely interesting. They want my attention and affection all the time (and I don't mind). There is no question as to whether or not they will come home to me at night. All they want to do is cuddle all night long (never nagging me for sex like most men). They miss me before I even leave the room. When I come home, they get so excited they just pounce around and stare at me until I touch them. When I need to talk,

they are always there to listen. They give me their undivided attention and hang on my every word. They are just as happy playing around the yard with me as they are sitting on the couch doing nothing.

There is no question as to whether or not they will come home to me at night.

ing. They even enjoy naps as much as I do! They always smell good.

They are absolutely perfect and they think I am too, so now I will stop my male bashing forever. There are perfect men out there. They just happen to be from a different species, like I knew all along.

Earth Day... filled with irony

Linda Banks
Contributing Writer

Last Saturday was the celebration of Earth Day on the Charles River in Boston. The event was held to celebrate the Earth, and learn how to care for it better. However, the whole thing seemed to be a farce from the beginning.

The Charles River was a reminder of what we as a society have allowed to be done to the streams and rivers. The water was black and opaque, with a covering of green slime on top. There was over 40,000 people present wanting to have a good time, but some ruined it by allowing themselves too much celebration. The rocks outlining the river were used as stools by hunched over young people, vomiting up their excess alcohol directly into the already polluted Charles.

A group of left over hippies threw their own keg party, dumping their waste wherever they happened to be. To add insult to injury, a dead fish floated by in the murk with a newspaper which proclaimed, "Earth Day to be Held on the Charles." No doubt the thousands of cigarette butts lining the river has something to do with the fish's death.

Everywhere along the river, the Earth was being assaulted in some form which served as a reminder that careless has become second nature to a lot of people. Trash cans were nearly as plentiful as people, yet at the end of the show, the ground was scattered with litter.

Although the city had good intentions holding this all day event, complete with concerts and spokespeople, the money would have probably have been more useful going to programs to help clean up this beautiful area. Although it was a good time, the irony of the day overshadowed any benefit it may have had by proving how negligent people are, even during a day dedicated to the Earth.

Although it was a good time, the irony of the day overshadowed any benefit it may have had by proving how negligent people are,

A paper by any other name

Sarah Adams
A&E Editor

Recently there's been a lot of talk in the Strobe office about changing our name. A couple of articles have appeared in the paper since the beginning of the semester in favor of this idea. However, the Voice of Opposition must be heard, and now is the time: Hello. I spend more waking hours in the Strobe office each week than I do in my own home, so I feel a really close bond to 'The Strobe.' Yes, the name. A paper by any other name just wouldn't be the same...

Many people say that 'The Strobe' is a stupid name for a paper. Let's look to the past, shall we? (4/2/97 page 5) ... Is 'The Strobe' any worse than 'The Twig,' or 'The Stick'? Little pieces of wood, broken off of the tree itself... Is that really the image you want to portray as a newspaper - as an entity

existing entirely outside the bounds of campus life, brittle and dying, useful only for firewood? And what about 'The Cycle'? What happy thoughts does this name bring about? Bi-Cycle? I'd rather drive a car, you get there faster. Ice-Cycle (?!?!)? Long, pointy, cold... brings about memories of winter, and who really likes winter, anyway? Menstrual-Cycle? ... You know?

Onward!! We've since published many name-change suggestions (4/16/97). Let me tell you what I think about them... 'The Falcon' - Give me a break. If one more thing on this campus is named after the stupid Falcon, I think I'll puke. 'The Point' - What's the point? 'The Current' - Non-conformity is in nowadays, man! Don't just go with the flow!?! 'Mention' - May I mention the fact that this name is stupid? 'Reveal' and 'Scrutiny' - This is (supposed to be) a factual-type newspaper, not a tabloid, thanks.

According to Encyclopedia Americana, volume 25, copyright 1994, a 'strobe' is a 'strobelight,' and a 'strobelight' is a 'stroboscope,' and a 'stroboscope' is: "an instrument for viewing a vibrating or rotating object. The instrument causes the object being viewed to appear to be stopped or moving very slowly." Can I initiate a metaphor, here? Things move so fast in life... sometimes you need to stop time for a minute and let people know what's going on around them. That's what 'The Strobe' is for. Maybe I'm getting a little grandiose, here - I know we're only a college newspaper, but we're your newspaper, focused on the goings-on within the world of FSC itself.

Nobody walks by a strobelight and fails to notice it. There's a hot, sweaty crowd on the dance floor, lots of bodies. The music is loud. And when they turn the strobelight on, time stops - faces are frozen, moments are caught. This is what my paper means to me.

Swaying towards *Feminism*

By Linda Banks
Contributing Writer

After reading Jessica Roy's article on feminism, I realized that she makes a valid point. This is a time in our lives when women are making unbelievable progress in all areas. Where is the support for our sisters?

In Roy's article, she pointed out that people are afraid to label themselves as feminists, for fear they are ignorant. I remembered that I also, at one time, had negative thoughts toward feminists. The most probable reason why this is so, is because women are not given any historical role model growing up. There are barely any strong women who's lives are being taught in school. Being in college, things are a little different. There actually are celebrations of women. However, through out high school, history class signified a brief mention of a few woman who, for some lane reason, made it into the history books.

A favorite mention of my history teachers was Betsy Ross, the person who sewed the first American flag. This, to me

was just a reminder of a woman's place at that time. It also showed that greatness of a woman was determined on a much smaller scale then that of their male counterparts. There was also Amelia Earhart who tried, yet failed to fly around the world.

It is not a man-hating radical who refuses to get married or pick up a broom.

Classes in college finally gave me someone to look up to. I was introduced to brilliant and exciting women who defied the odds and left an impression that is still felt today.

One of my favorite examples of bravery is the story of Ida B. Wells. At a time when racism was accepted and groups such as the KKK had a terrifying amount of power, Wells organized an anti-lynching crusade. This effort was to stop the creation of The Woman's Loyal Movement

in New York in 1892. She literally took her life in her hands by speaking up against such practices. Wells is seldomly spoken about, yet she is a woman who epitomizes determination.

Another is Belva Ann Lockwood. In 1879 she became the first woman attorney to practice before the U.S. Supreme Court. Better yet, in 1884 and 1888, Lockwood ran on the National Equal Rights party ticket for presidency of the United States. She was defeated, but her courage provided other women for the suffrage activists nationwide.

These are just a few of the hundreds of women who have helped shape the country into what it is today. If young girls in schools were taught there were women who were every bit as tough and determined as men, more then likely, young women would better understand what feminism means. It is not a man-hating radical who refuses to get married or pick up a broom. A feminist is a person, not necessarily only female, who believe women deserve to enjoy all the rights and privileges that a man does.

I'm out of the closet, treat me nicely

By Jessica Roy
Staff Writer

The M&M Lounge can be an inspiring place if you pause to look up at the flags of different nations hanging side by side from the ceiling. You might have noticed one particular flag hanging amongst the American, Irish and Mexican flags. One unlike all the rest. An arrangement of red, orange, yellow, green, blue and purple which represents a rainbow hangs with all the rest.

This flag is a symbol of gay, lesbian and bisexual pride. It is a universal symbol of awareness, tolerance and individual as well as group pride. It proclaims, "We're here, We're queer. Get used to it!"

Seeing this flag hanging which represents a part of my individual identity, separate from my nationality is a very liberating feeling. For years the gay, lesbian and bisexual community had no vehicle to express their pride and individual identity. The group had been ridiculed, then violently opposed even black listed through American History.

Now, each time I walk into the M&M lounge, I am reminded of FSC's recognition of the gay, lesbian and bisexual

population on this campus. Hooray and kudos for tolerance.

The nation's tolerance for the gay, lesbian and bisexual community seems to be on an upswing as well. Ellen has offi-

Seeing this flag hanging which represents a part of my individual identity, separate from my nationality is a very liberating feeling.

cially come out, much to the delight of many of her shows fans. The show's ratings have never been higher. Even the infamous Howard Stern is intrigued by the community. "I am fascinated by lesbians," said Stern.

Let it be known, ready or not the queers are here. You can either join the parade or sit on the curb eating popcorn, watching it all pass you by. Many say ignorance is bliss, but tolerance is by far a sweeter virtue.

JESSICA ROY

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\$2.00 ADMISSION**

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Killer of egos

- dedicated to Eddie Antonis

A stupid black hair, helicopter,
I sit around, whirling faster.
A strange little feeling about
somebody.

Same old game, a nameless, name
Pulling the wings of a housefly
Just like the pedals from her
flowers.

Melting metal, burning stoned.
I can feel you, all alone.
I know why, the crickets cry,
a statue that crumbles away.

You are the killer of egos.
You look like a meatball!
I'll throw away my life
And give you a toothpick.
There is no thing, there is no God,
There is no ugly.

I am spinning now free without you.
Taxing my brain cold in my veins.
The guppy is out of the water.

Hope you have a nice summer.

- Sam Jr.

Quote of the week:

*Remember the world keeps spinning either way.
So relax a little and enjoy life..you only live once.*
-Anonymous

First Friday Films: Stanley Kubrick

Shawn O'Malley
Contributing Writer

On Friday, May 2, a Stanley Kubrick double-feature concluded the First Friday Film series. The two movies, *Paths of Glory* and *Dr. Strangelove or How I Learned to Stop Worrying and Love the Bomb*, both address issues relating to war in the modern age.

Paths of Glory, starring Kirk Douglas, is set in the French trenches during the first World War. The French military administration has decided to stage a suicidal attempt at capturing a piece of German-occupied land termed the "ant-hill." Naturally the rest of the movie is spent showing the consequences of making a "mountain out of a molehill." The film was intro-

duced as one of Kubrick's earliest works, which creates a suitable excuse for overlooking its thematic shortcomings and sloppy subplots. However, satirical criticism of warfare is much better presented in Voltaire's *Candide*, and *Hamburger Hill*, a Vietnam War movie, does a much better job of portraying a fighting unit asked to overcome impossible odds.

The second featured film, *Dr. Strangelove*, was much better. A darkly humorous satire of the arms race and the Communist scare, the film doesn't suffer from the lack of focus Kubrick's earlier work did. A star-studded cast featuring Peter Sellers, George C. Scott, Peter Sellers, James Earl Jones, Peter Sellers,

and Slim Pickens gives the film an appeal that *Paths of Glory* lacked, and the script is played as over-the-top humor from beginning to end. From the time Jack D. Ripper sends 34 planes to bomb Russia with nuclear weapons, through Dr. Strangelove's plan of how to emerge in a post-Doomsday world without sacrificing any superiority to the Russians, the movie never allows the laughter to stop. This focus not only makes for a better movie but also allows the theme to transcend the arena of war and take on a more universal significance, illustrating how easily people can come together to avert a crisis, yet how quickly they will return to their old animosities as soon as the situation passes.



Austin Powers: International Man of Mystery **
Fine Line Cinema

plot: 1967 - Dr. Evil has cryogenically frozen himself alive, and his arch-rival Austin Powers follows suit, to be returned to life if/when the dastardly Dr. Evil shows his face again. 1997 - They both return and have a showdown in Nevada (of all places).

Mike Myers is a god. This is one of those idiot-funny movies. It's funny, but only because it's so incredibly stupid. The costumes are great, though, and Mike Myers is... a classic. Starring as both Austin Powers and Dr. Evil, Myers is fantastic (if you go for that sort of thing). Austin is even better than Wayne. Oh yeah. A sex symbol with teeth that could stop traffic.

Strangely reminiscent of Rowan and Martin's Laugh-In reruns (I've been told I'm too young to have seen the originals...), this movie is quite unique. And Elizabeth Hurley (Vanessa Kensington) is so beautiful!! Yeah, it's true that supermodels usually can't act for beans, but in this movie it doesn't matter anyway. I don't think you can really call any performance in this flick 'acting.' It's all a matter of taste, I guess.

Murder at 1600 ***
Time Warner / Regency

plot: There's been sex and murder in the White House... So who did it?

This is a who-done-it of the highest caliber. I mean, the end result isn't much of a surprise, but the process of getting there is a real trip. None of the acting really stood out, save Diane Lane (Agent Chanz). Wesley Snipes wasn't bad or anything,

simply not remarkable. The storyline takes you from suspect to suspect, and all of them are believable. I'm not a big fan of action/thriller-murder mystery movies, but this one wasn't bad.

Romy and Michelle's High School Reunion **1/2
Touchstone Pictures

plot: Two girls who haven't accomplished much since high school return to their home town for their 10-year high school reunion...

An upbeat, fun kind of movie. Mira Sorvino and Lisa Kudrow star as Romy and Michelle, two incredibly flaky women that I could really identify with (is that a good thing?). Loveless, unemployed, and living in LA, they ponder returning to the world of cliques and gossip for a night. Janeane Garofalo (Heather) doesn't do a particularly great job in this film - I was pretty disappointed, I must admit. Her character is pretty shallow - she's trapped in a nowhere role. Mira Sorvino is terrific... Lisa Kudrow just looks old. Can she really not act, or does she like doing roles like this? I mean, she's good at it, but has she ever taken on a serious role?

The movie is very well-shot. An intentional yet incredibly unrealistic conception of a scene that anyone can appreciate - I mean, we've all been through the daily high school popularity contest baloney. The geeks and the dorks are beautiful and rich 10 years later, and the snobs (the 'A-group') are losers. I love that. You have no idea how much that excites me. I wonder if it really happens that way, in real life...

Reviews by Sarah Adams
A&E Editor

Interview with a Koffee Killer

By Jeff Neal
Contributing Writer

Nate Crooker, a sophomore at FSC, is aspiring to be a filmmaker and has a broad outlook on filmmaking. Originally from Leominster, Nate is now living on his own in Lunenburg and running Bloodline Productions, a film production agency he set up. He hopes that he will make it big someday.

Nate is currently directing the Film 3 project "Koffee Killers" - two disturbed teenagers who were fed coffee as babies are now addicted to it and will do anything, even kill, to get it. The idea for Koffee Killers started out as a joke. While buying coffee in the commuter cafe, Nate and his friends began to imagine life without coffee and caffeine. The storyline ran from there and eventually turned violent, "John Woo" style (one of Nate's favorite directors). With the help of Beecher Cotton the script is being brought to life.

Nate believes this film may offend a lot of people because of the violence and the way in which the film depicts mentally

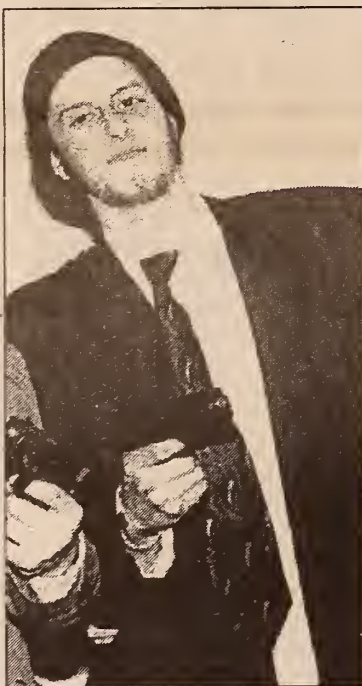
retarded people, but he hopes it will also go places. While directing, he told me, every possible aspect of the film is going through his mind; he studies the storyboards before filming and has every shot pictured in his head. Nate finds it difficult to direct and play the lead at the

same time because he has to constantly jump from character to director mode. "I have a lot of confidence in everyone to do their jobs right," he said.

The film is shot in many locations: a bar, a coffee shop, a limo, on the street. Nate went about setting up the locations by talking to the business owners who knew it would give their businesses free publicity, and were happy to let the crew in.

Working in film is something Nate has always wanted to do. He wrote his first script in 9th grade, and made his first short film in 10th grade to show to his religion class. He began college in New York but decided to come to FSC because it was closer to home.

Nate plans to make a feature length film next year and to remain an independent filmmaker, but plans to work in Hollywood for a summer to see how things are run there. He hopes that Bloodline Productions will make it big as soon as he gets more into his portfolio. "I just want to make movies that are true to myself."



Nate Crooker

Don't forget!! Spring Concert

tonight at 7:30 pm in Weston Auditorium.

The concert, presented by the humanities department at FSC, will feature performances by the FSC Chamber Singers and Chorale (directed by Richard Travers), the FSC Concert Band, Jazz Ensemble, and Saxophone Ensemble (directed by Dennis Wrenn). Tickets cost \$2 (children and seniors free) and are available at the door.



Lisa Kudrow and Mira Sorvino star as Romy and Michelle



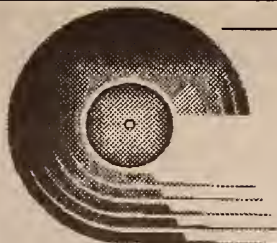
Casino Night at FSC

Quote of the Week:

"...Stay away from him - he'll rip your lungs out, Tim... Ahoooooooo, Werewolves of London."
- Warren Zevon



The non-film part of Visions is now on display in the Gallery



CD Review: Powerman 5000 Mega!! Kung Fu Radio

Powerman 5000 "Mega!! Kung Fu Radio"

By Frederick Yackowski
Staff Writer

In four years, Powerman 5000 has built a large local following and recorded a full-length album and an EP, which were both critically acclaimed. Now this Boston-based, hip-hop, punk-rock band moves up to a major label with "Mega!! Kung Fu Radio."

Unfortunately, this new album is anything but new. Dreamworks just mixed, remixed, and tweaked PM5K's 1995 full-length debut, "The Blood Splat Rating System," added two new songs, and changed the title.

Longtime PM5K fans should be sorely disappointed; listening to "Mega!! Kung Fu Radio" offers very little to anybody who owns the previously released 1995 Conscience records release. Really the only advantage to the new, "Mega!!..." is that it allows the PM5K to infiltrate the homes of unsuspecting listeners nationwide via your local shopping mall.

When PM5K hit the nail on the head, the results are magnificent; PM5K sound like a madly insane Beck fronting the Beastie



Powerman 5000

Boys (the hardcore Beasties, the songs that don't have drum machines). *Organized* is a bone-crushing mixture of rap and metal that threatens to melt down your stereo.

Furthermore, *20 Miles to Texas, 25 to Hell* showcases a creepy, crawly, scare-the-crap-out-of-your-mother-type vocal performance from band frontman, Spider. When they want to, PM5K can deliver cutting edge music with the best of

them. Unfortunately they don't, well at least not as often as you would think a group of gnarly, twenty-something, soon-to-be rock stars would.

The excellent tracks on this album rock harder than say-anything Rage Against the Machine have ever done - unfortunately it's when PM5K make guitarslinger Adam 12 keep quiet that these boys fall into mediocrity.

More poems slammed; still none hurt

By Rebecca Gill
Contributing Writer

On April 23, 1997, the Pub once again opened its doors and welcomed the amateur poets of FSC at the English Club's second poetry slam of the semester, "Electric Boogaloo." This slam jubilantly celebrated April as national poetry month and provided an opportunity for the poets of the previous slam, as well as for new poets to speak their thoughts and ideas with powerful voices.

Many poets were returners, come back for the welcoming support of the crowd. Marc Vital impressed the crowd with his memorized version of 'Champion,' while Marktavian Martin shared some new work with the crowd and again entertained us with a memorable poem about his sexual stamina. Michael Knight returned to dazzle the crowd with his quick words and his quick wit, inspiring many of us to run home and figure out how many words we could get to rhyme together. Tieu Ing, this year's Antilla Poetry Award winner, brought compassion to the hearts of the audience with his poem 'Walked Away from Home' while Alexa Reed brought deep and potent

thoughts which touched each person present. English Club co-president Jameson Lee again took to the stage not only solo, but also with his colleague, Guy D'Annolfo. D'Annolfo accompanied Lee's poetry with improvisational guitar melodies and together the two entertained and involved the crowd in their final poem of total improvisation. Lee also managed to talk fellow club co-president Rebecca Gill, MC for the night, into doing a short, energetic rendition of Lee's performance poem entitled 'Chola,' a dedication to the

English Department's Dr. Chola Chisunka. Also present to support the club from the English Department faculty were Dr. Irene Martyniuk, Dr. Janice Alberghene, and Dr. Donelle Ruwe. Ruwe also took to the mic and proved to the crowd that professors do have creative capacity.

New readers to "Electric Boogaloo" included The Strobe staff's own Michael Poirier and Nichole Moreau. Poirier allowed his non-sports loving side to show and Moreau, winner of the Louie Shepherd Award for

creative writing, proved her right to the award. Pedro Maldonado entranced the audience with his reading of his poetry in his native language of Spanish and FSC alum John Eisner proved to the listeners that there is life after graduation. Jeff Vacirca and Kim Rosado both separately enticed the crowd to enter their inner thoughts with brief yet potent poems. 'Dilmo' brought a different perspective to the audience and Lena Scott shared a special poem about a date that she has every Thursday. Tim Hladik took to the stage after the first intermission and amidst the handing out of his phone number, dazzled the crowd with his fervent thoughts and distinct ability to compose those thoughts. Jamie Burgess and Keri Smith began to wind down the evening with their writings and Scott Rosenberg engaged the tired masses in his world. Bob McCullough, a non-FSC student, demonstrated his talent and "Nathan the Sophomore Biology major" proved that it's not just English majors that can write.

The celebration of poetry and creativity ended with a jolly poem by Jameson Lee about his Great Aunt Sissy and a promise

by the co-presidents to return again next semester with new ideas, more evenings of poetry, and an even catchier title for the next slam. The crowd at "Electric Boogaloo" totaled numbers upwards of eighty and the Pub was transformed into a performance cafe - at least for a night.



Guy D'Annolfo and Jameson Lee perform at Electric Boogaloo

Cinema World

The 5th Element (PG-13)
12:45-3:30-7-9:40

Father's Day (PG-13)
1-3:30-7-9:20

Breakdown (R)
12:45-3:15-7:15-9:30

Volcano (PG-13)
12:45-3:15-7-9:20

Romy & Michelle's H.S. Reunion (R)
1-3:30-7:15-9:30

Austin Powers (PG-13)
3-7:15-9:20

Liar Liar (PG-13)
1-7:15-9:30

Warriors of Virtue (PG)
1-3:15

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Profile: FSC Athletic Trainer Robert Burke

By Katie Brace
Staff Writer

The words of the "Star Spangled Banner" echo through the air at the beginning of many FSC sporting events. Spectators look around, wondering where such a strong voice is coming from.

The question is easy to answer for the athletes of FSC. The voice is that of Rob Burke, the FSC athletic trainer and "Burkie" to his patients.

Burke describes his job as "very intense." He said, "I'm the person that's got to do the right thing at the right instance. You can't predict what's going to happen."

As the athletic trainer, Burke is the connection between the medical and athletic world. He sees the athletes for screening of their injuries and provides treat-

ment after the athlete has seen a doctor. "I have a good sense for what reality is for athletes and coaches," he said.

Recognizing the importance of sports to athletes, Burke tries to keep and get athletes as

"I believe in what I'm doing, and if I don't do it then the athletes are at risk"

healthy as possible. Important to obtaining this goal he states, "the most vital thing is developing a sense of trust with the people you work with. If the athletes don't trust the trainer they will not come for treatment and in the end hurt themselves more."

Burke believes the sense of

trust that develops between trainer and athlete is one of the most rewarding parts of his job. He said, "there's a lot of humanity that goes on here. When working with athletes, you're with them and they tend to open up to you. It's almost an extended family."

Another reward of being an athletic trainer is "to know that you helped out in that person's growth. Seeing people succeed, seeing people grow."

He finds it frustrating when athletes insist on hurting themselves. When an athlete is stubborn about not giving the injury the proper amount of time to heal or won't go through the proper treatment they do not beat the odds of staying injury free.

Burke said, "I believe in what I'm doing, and if I don't do it then the athletes are at risk."



Rob "Burkie" Burke

File Photo

Results without Wreckage!

By Brian Hazelton
Contributing Writer

As the days begin to grow longer and the sunny days are in abundance, students begin to flock to the gym in an attempt to chisel away the remnants of winter fat and binge drinking. Each year many students flock to the Fitchburg gym to trim the waistlines and tighten the buttocks, but are they all taking serious consideration to proper technique and safety when exercising? This writer's answer is "probably not."

There have been numerous reports of injury over the last few months from overlifting or improper eating habits. The reason is inadequate knowledge of how to become physically fit. Most students lack the knowledge to obtain their goals or work too fast to allow the body to grow with the workout. Some believe by heavy loading the weight they will get bigger faster, but do not realize that the risk of injury is far greater due to the body's unprepared reaction to such amounts of weight.

Already in the last several weeks this writer has seen two separate occasions where a student has dropped barbells on themselves or pulled a muscle from overlifting. The result, pain and agony for a sizable amount of time and the loss of valuable chances to train properly.

Dieting is another problem which inflicts training. The need to lose weight fast is more important than how it is done. Students are starving themselves thin, and then rushing to the gym to climb the Stairmaster for hours in order to shrink what little fat is left. This is a common mistake when dieting. The human body needs an essential percentage of daily fat intake to survive. This is why trainers in every book or health magazine

tell their readers to eat a balanced diet. By eating some forms of unsaturated fats the body has enough energy to help with the workout and burn more calories.

The key to all these problems which many overlook is right at the front door to the gym. The answer is weight training assistants. Yes, the people who work at the gym actually can help an individual properly start a train-



ing schedule. Most of the assistants who work for the FSC gym have some background in training. They can provide students with information on how to start training. Assistants know what types of exercises to perform to have a complete and healthy workout. Many of the assistants are more than happy to show what they know or to teach their training to another for quick and incredible results.

But what if a student is too shy or too bothered by asking for help? It may be embarrassing to ask for advice from a person twice one's size and obviously busy with their own workout. Here are some tips on how to have a positive and effective program:

1) Free weights - Start with lower amounts of weight with more reps per set. This will allow the body to build strength and tone the muscles for larger lifts. This is not to say that lifting large amounts doesn't work, but that it is not good to overlift when starting for the first time.

2) Tone first - By toning first and preparing the body for larger lifts, a person's body can compensate for the heavier weight. In addition to smaller weight lifting and toning, the focus on form arises. Correct form is the key to getting the best workout possible. With proper form an individual may correctly perform the chosen activity. This will increase the proficiency of the exercise and help fully work the specific muscle groups targeted.

3) Safety - If an individual is not prepared for larger lifts or is bending the body to offset the weight being used, serious damage can result. Many people have walked away from improper training with ripped tendons, slipped discs, torn muscles, and hernias, all of which completely halts any further chance to reach one's goal.

4) Eat healthy - Always eat enough food to allow the body to burn calories and to build muscle mass. If a balanced diet is not attained, the body not only loses fat, but will deteriorate muscle growth as well.

By using these tips, a successful schedule may be derived from training and physical fitness will increase with time. It might not be a hundred percent way to enhance a person's body, but it will get the workout started and eventually the exercise and weights can be increased if desired.

There are many other ways to obtain the information needed to create a perfect workout. Hundreds of magazines and books can show different solutions and techniques to exercise. Choose the best from each and soon the perfect schedule may be found. But until everyone is an expert, try and take things one step at a time. It is better to go slow than have a bad workout that could end it all.

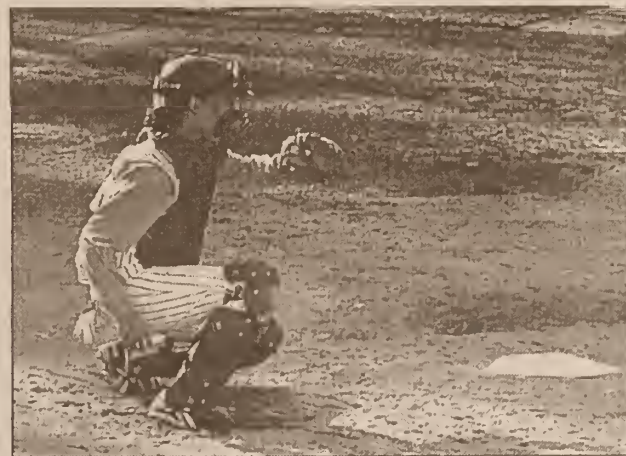
Player Profile: Tara Herrick

By Kimberly White
Investigative Reporter

FSC freshman and softball catcher Tara Herrick has been one of the best surprises in what has been a disappointing season for the team this year. Although Herrick is in her first season with the team, she has provided an unmistakable flair and enthusiasm for the game. As catcher Herrick plays one of the most demanding positions on the field, but in donning the tools of ignorance she brings a sense of excitement and enthusiasm to every game she's involved in.

Herrick has been playing ball for years and at Leominster High School was not only the team captain, but was also named to both the Sentinel and Enterprise All-Star and Shriner All-Star teams. An Early Childhood Education major, Herrick comes from a long line of FSC athletic superstars as her father, Jim, led the nation in earned run average (0.24) for the baseball team in 1961.

Herrick will be playing on the team again next season and hopes to remain at FSC for the duration of her college career. When asked about her love for the game Herrick said, "I've always played baseball. It's in my blood." Over the next few years there is no doubt that Tara Herrick is a name you'll be hearing more of.



Tara Herrick

Photo by Michael J. Poirier

Correction

On page 12 of issue 10 one of the photos listed the photographer as Jason Froberg. The photographer was in fact Scott Froberg. In fact many of the pictures The Strobe has used for Track and Field were Mr. Froberg's, unless otherwise noted. The Strobe Sports Department would like to apologize for any inconvenience this may have caused. Thank You.

Do you Like Sports?

If so, there may be a great job waiting for you in the Athletic Department. We are looking for managers, statisticians and game day workers for next year for several sports. A variety of work study and trust fund jobs are available. If you are interested, see Dave Marsh in the Athletic Office, which is located in the Anthony Building.

Are athletes and role models one and the same?

By Dan Janes
Contributing writer

For the last several years, sports have been on the attack by writers, politicians and the fans about the behavior of the athletes and the way they are directing our society. Many athletes, Charles Barkley, in particular try to disregard the whole issue by coming to the cowardly conclusion that, "I am not a role model." However, for many kids growing up in poor neighborhoods without fathers to play baseball or basketball with, sports on the TV screen as well as mass marketing, have become a gateway for hopes and dreams. Today we are bombarded by advertising making the sports figures look like heroes with million dollar contracts and fame.

On a recent television program, sports commentators and athletes sat in a forum with a live audience to discuss what is wrong with sports. What shocked me most was the acceptance of the athlete's lifestyles and their manners on and off the field. Many statements tossed around the idea that as long as the players give 100 percent on the field, who cares what they do in their own time. Still, what they hesitate to realize is that athletes today are presenting themselves as selfish, greedy, and immature and are reflecting this off the field. And we wonder why we have some of the social ills that plague our cities and suburbs.

Someone once said "You can't sign up for the job of role model and you can't resign from it." As simple as this may sound, it holds a tremendous amount of truth. As athletes move up to

realm of professional sports they must know that being in the public eye has its prerequisites. When they grew up they must have looked up to and respected a player for his skills and decorum. Saying "I am not a role model" is just a way of saving yourself if you do something wrong. I'm not saying that all athletes should be church going angels, but what is so hard about not getting arrested or involved in some scandal. Too many professional athletes have formed a god complex. They are offered million dollar contracts and can be seen on billboards and TV screens all over the world. The fans spend around twenty dollars to go see their teams play and do their best to win. The problem is, so much money is pumped into the franchises and players that they are untouchable.

Another aspect leading to the decline of role models in sports is the emphasized and almost embarrassing, arrogance that is displayed in a rude and disrespectful manner. Players such as Deion Sanders flaunt their skills and taunt other players with dances and trash talking in front of thousands of fans. If this type of behavior was used in any other line of work, Deion would be shunned by his fellow workers. However, in American society, sports are an escape from the exhausting work week and basically anything goes. We as a culture accept this behavior and do little to reinforce the ethics most of us were brought up on. The problem with tolerating this is the impact it has on kids.

If fans praise athletes who are far from respected citizens except that they can score a touch-

down or make a basket, what are we saying to our kids. If it's OK for Deion Sanders to prance around and taunt the opposition and throw into their faces the fact that he did something good, they why isn't it OK for an eight-year-old to do the same in Pop Warner football? Deion makes money, and lot's of it. Still, his attitude and actions do not justify our approval.

Let's face it, kids look up to athletes, and why not. They are famous, earn a great deal of money, and live rather luxurious lifestyles. There is nothing wrong with kids mimicking their favorite players work ethic and determination, but today we are seeing the foundation of sports crumble. Today players are lured by money and fame, not the love of their game. Most kids in America are brought up participating in some type of sport because it teaches how to work with others, and be respectful when both winning or losing as well as keeping a good attitude. Yet, professional athletes destroy the efforts made by youth sports organizers by "show boating" their talents and insulting opposing players, professional athletes have sent a conflicting message to the kids.

Whether they like it or not, athletes hold a tremendous amount of responsibility with their jobs. How can they neglect years of hard work and become egotistical and selfish fools? The mystique of professional athletes intrigues us all, especially young people. Yet, the demeanor in which millionaire athletes present themselves, gives little reason to simulate their actions and desires.

Beyond the Norm



Norman Miller
Sports Editor
1995-96

Well, it's about time. After five, long, tedious years, my FSC career is about to end.

Am I going to miss school? Yes and no. I won't miss all of the school work. But I will miss the people, students and professors alike, and most of all, I will miss The Strobe.

Although I haven't been active as a writer for nearly two semesters, I have kept up relationships with people who still work on the paper. As I think about working for The Strobe, I realize now it will be one of my fondest memories.

When I came to FSC for my first semester in the fall of 1992, I picked English-Professional Writing as my major, because I

couldn't think of anything else.

I took a journalism class, not because I wanted to, but because it was required. It was a requirement to write for The Strobe. I covered a field hockey game for my first article.

I was hooked. I finally found something to do with my life. I wanted to be a reporter.

Derek Valcourt, then editor in chief and one of my biggest influences, asked me that semester to be the Sports Editor, a position I held for two semesters.

That led to two hectic semesters, I wrote over eighty articles, took dozen of photos and covered dozens of games.

After my second semester, I went to do my internship at the Telegram & Gazette. When I returned, I was sports editor, again.

Things changed over my internship. I moved away from sports to news. I was hired as a correspondent at the T & G, and had to resign as sports editor.

At first I was almost happy as I handed the reigns over to

current sports editor Michael Poirier. I trained him, and my job was done.

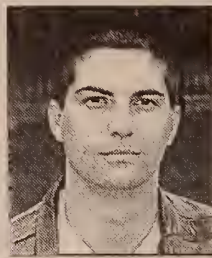
Yet, week after week I was down in the Strobe Office, watching over Mike's shoulder, as he worked. I think he thought it was because I didn't like how he was filling the section. I'm telling him here that was not the reason. He's a great writer. I just couldn't let go.

Now, I'm being forced to let go. I won't be here next semester. It is time to say goodbye to this campus. It's time to say goodbye to the professors who helped me find my way, such as professors Nancy Kelly, Thomas Murray, Marguerite Roumas, Judith Budz, and Irene Harris.

I'd also like to say thank you and good bye to all of the past, current and future members of the Strobe for being over worked and under-appreciated.

It's been fun Fitchburg State, good bye.

Going, Going....Goodbye



Michael Poirier
Sports Editor

Last year I had the distinct pleasure of reading 1995-96 Strobe Opinion Editor Ron Taupier's piece on his upcoming graduation. In his article he discussed how the last four years at FSC will begin to flash before his eyes as he receives his degree. I hoped that when I left FSC I would have the opportunity to write a column about my experiences at FSC. And luckily for me, I do have that such opportunity.

Upon graduation from high school some ten years ago (here's where I show my age), I came to FSC without any idea as to what I wanted to do. Because of this I got caught up in a lifestyle of partying and after two years found myself kicked out of school due to my poor grades. My first life at FSC had come to an end and then came the Air Force.

After getting through Air Force Basic training in 1991 I came back to FSC, got better grades, but was forced to leave because of financial restrictions. Then in 1995 I quit my full-time job with the Air Force and decided to try once more to achieve something I thought at one point was out of reach. They say the third time's the charm. It was.

Although most of my friends had graduated in the early 90's I began immediately adapting to the fact that I was a non-traditional student and not the doughy eyed 18-year-old who came to this campus some eight years earlier. Suddenly my new life had begun.

Because of some outstanding professors, (who I once considered the enemy) like Dr. Jeanne Moore, Dr. Ralph Coffman and Dr. Irene Martyniuk, my grades improved dramatically. In fact I managed to make the Dean's List for the first time in 1995.

The images I will remember as I make my march up to the podium on May 31st will be of friends from both lives at FSC who have helped me through some of the best and worst times I have experienced in my life.

In my first life there were Lynn Fluet '93 and John Eisner '92, who both stuck with me when school was not a big part of my life, constantly reminding me about my promise to go back and finish. To them I am forever grateful.

In my second life at FSC I met up with some wonderful people like Christine McKinley, who taught me the value of liv-

ing for the moment and although our paths didn't cross often over the last year she will always be in my thoughts and prayers. Another person who touched my life was my friend Andrew Day (My Liege! My Captain!) who taught me about the value of friendship. Seize the day young Andrew and be sure to suck all the marrow out of life.

I would be remiss to not mention the Strobe staff, past and present. Anna Allen and Sonja Randall were like the little sisters I always wanted and Keith Fredericks and Joel Hurley were like the big brothers I never wanted. (Just kidding guys) Spending countless hours in that office I also met such wonderful people like Sarah Adams, Kathy Geoghegan, Vanessa Manni, Jessica McGowan, Philip Maiewski, Brian Lamy, Melissa Cordeiro, Nichole Moreau, Rick Rodericks and Seth Wereska among others.

Others who made my smile everytime I saw them were Rebecca Gill (Becks! Helena!), Kathleen Gedraitis, Jenna Lovelace, Cindy Henderson, Kim White, Norm Miller, Jayna McGuirk, Jessica Roy, Bettina Conklin, Mel Whitmier, Cuba Gooding Jr. (why not he thanked me at the Oscars), Rebecca Kiley, Anna Jarvis, and Colleen Candiello. They were the highlights of any day I was here at FSC.

Then there was my Mom and Ed, who both supported my idea of going back to school when others weren't so sure. Without their day-to-day sacrifices I would have never come this far.

I also have to thank Maj. Tammy Miracle, Capt. John St. Germain, CMSgt Richard J. Sullivan, 1Lt Coulette Paquette and everyone at HQ for allowing me to create another life after the one here at FSC ends.

In the last two and a half years I'm thankful to two other special people who have touched my life. Catherine Penney listened to my constant ramblings about a paper being due or a test I needed to pass while Kelly Calamari '96 was there for me when at times I thought she wouldn't be. Thanks Cat and Kell.

Special Thanks go out to the FSC Athletic Department, especially Dave Marsh, Sport Info Director extraordinaire and Brian Bicknell. Both provided me with everything I needed to be a good sports editor.

As I move on towards the undiscovered country, I know that it is because of the people listed above that I was able to be successful here at FSC. To be successful you must surround yourself with those who want you to succeed. I did. Thank You, Goodbye, Farewell and Amen. I've made my last pitch.